

AUSTRALIAN *SUNSHINE* COOKERY BOOK *for Every Housewife*



RECIPES·HOUSEHOLD HINTS & NEW WAYS TO USE
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NECTARINES·PEACHES·PEARS & PRUNES



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QUANTITIES FOR ENTERTAINING

When entertaining, it is wise to do your catering methodically. Everyone is anxious to have enough, but it is wasteful to provide too much. It is a good idea to use up the things with cream in first if it can be managed, and a good fruit cake, and some home-made biscuits or shortbread, are a great standby, as if they are not required they keep well.

One 2-lb sandwich loaf will cut into 36 slices, making eighteen rounds of sandwiches, which will cut into 72 small ones.

Half a pound of butter is sufficient to spread a 2-lb loaf for sandwiches.

Half a pound of meat, cut thin, will fill a 2-lb loaf.

Six eggs, boiled not too hard, shelled, and put into a basin, with salt, pepper, and a piece of butter the size of a walnut, and mashed well, with a fork, make a mixture that will spread easily, sufficient for a 2-lb loaf. Other flavouring, like onion or curry powder, may be added.

Cut a small round from the centre of a sponge sandwich, and the remainder will cut into 12 or 13 slices, making 14 in all.

One quart pudding, or jelly, is sufficient for six people as a sweet, and may be used for twelve small servings at a party.

Three quarts of milk is the usual allowance for afternoon tea for 100 people.

To make coffee for 100, allowing $1\frac{1}{2}$ small cups each—Three gallons milk and three gallons water. Bring to boil. Have $\frac{1}{2}$ lb. good coffee and 1 teaspoon salt in a fine muslin bag—an old oatmeal bag is excellent. Put it into the milk and water just before it comes to the boil, and swirl it round well. This is strong enough for average taste.

One pound loaf sugar has approximately 112 pieces, and in these days, when so many people take no sugar, should be ample for 100.

One quart of icecream will be sufficient for 18 small plates.

The allowance for each person is usually two sandwiches, and three pieces of cake for every two people; one serving of ice cream, fruit salad or other sweet.

CAKES FOR AFTERNOON TEA

These cakes do not all contain dried fruits, but may be used with others to vary the menu.

Cream Puffs.

2 oz. butter.

2 oz. plain flour.

2 eggs.

5 good tablespoons cold water.

Whipped cream for filling,
about 1/- worth.

Put butter and water on to boil. Whilst bubbling stir in the flour, stir well, and count ten while you stir it over the

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fire till it is very stiff and leaves the sides of the saucepan. Beat the eggs while the mixture is cooling a little, then add them a third at a time, beating well each time, till they are well beaten in. Put in dessertspoonfuls on a cold, greased oven tray, and bake in a hot oven (450-475 deg.) for 15 minutes without opening the oven door. Take a careful peep, and if well risen lower the heat slightly, and cook another 10 minutes. Leave in a warm place to cool off, and when required split open, fill with whipped and sweetened cream, and dust with icing sugar.

Quickly Made Sandwich Cake.

- | | |
|------------------------------|---|
| 1 level breakfast cup flour. | 2 tablespoons butter (melted thoroughly). |
| Pinch of salt. | |
| 1 level teacup sugar. | 3 tablespoons milk. |
| 3 eggs. | 2 teaspoons cream of tartar. |
| | 1 teaspoon carb. soda. |

Put ingredients in a basin, in the order given, mix together, and then beat vigorously for about three minutes. If the mixture seems a little stiff, stir in one tablespoon cold water. Pour into prepared sandwich tins, and bake in a moderate oven (375-400 deg.) for 15 minutes. This is also nice for small cakes.

Queen Cakes.

- | | |
|---------------|---------------------------|
| 3 oz. butter. | 2 tablespoons milk. |
| 3 oz. sugar. | 6 oz. self-raising flour. |
| 2 eggs. | |

Cream butter and sugar; add eggs, beat well; add milk, with a few drops of essence in it. Fold in sifted flour, and bake in a fairly quick oven (425 deg.) for 10 minutes. Two tablespoons of cleaned currants may be added if liked. They help to keep the cakes moist.

Ginger Sponge.

- | | |
|---|---|
| $\frac{1}{2}$ lb. flour. | 2 eggs. |
| $1\frac{1}{2}$ teaspoons ground ginger. | 3 oz. butter. |
| $1\frac{1}{2}$ teaspoons cinnamon or mixed spice. | Small cup sugar. |
| $\frac{1}{4}$ teaspoon salt. | 1 level teaspoon carb. soda in dessertspoonful boiling water. |
| 1 gill milk. | |
| 1 tablespoon golden syrup. | |

Cream butter and sugar, add eggs one at a time, beating well. Slightly warm syrup and milk, and add to the mixture. Now stir in all the dry ingredients, which have been sieved, except carbonate of soda. Lastly, pour boiling water on the soda, stir well, and add to the cake whilst fizzing. Bake in sandwich tins slowly for 25 minutes (400-425 deg.). Do not look for quarter hour, but if well risen and browning too much, lower heat a little.

STOCK AND SOUPS

Any bones and scraps of meat should be put in cold water and brought slowly to the boil, and allowed to cook slowly for a long time. When cold, the fat should be skimmed off, and the stock is then ready for soup, gravy, or a stew. Allow

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1 quart of water, and 1 teaspoon of salt to every 1½ lb. of meat and bones.

Clear Vegetable Soup.

1 small carrot	Salt and pepper to taste
1 piece white celery	1 quart stock, made the day before.
½ turnip	

Skim stock and bring to boil, add vegetables finely chopped, cook $\frac{3}{4}$ hour, thicken with 1 big teaspoon arrowroot blended with a little stock or cold water.

Scotch Broth.

3 lb. neck mutton	3 tablespoons pearl barley
1 onion	1 teaspoon chopped parsley
1 carrot	1 tablespoon plain oatmeal
1 turnip	Salt and pepper
1 stick celery	2 quarts water

Cut meat up small, removing fat, put with water, barley, salt and pepper, into saucepan, and bring slowly to the boil. Skim any fat off. Add vegetables cut small, and cook for 2½ hours. Half an hour before serving stir in the oatmeal, and add the chopped parsley just at the last. Serve with squares of crisp toast.

Suggestions for White Soups.

Stock from rabbit, tripe or veal may be used for white soup. Add an equal quantity of milk, bring to the boil, and thicken with arrowroot. Season with butter, pepper and salt. A dash of nutmeg makes a change.

When you have fish filleted save the heads and bones, and cover with a small quantity of water. Stew this down, and strain. Add milk as above, and flavour with $\frac{1}{2}$ teaspoon anchovy sauce, or add some oysters.

Artichokes, celery, or green peas, boiled till soft, and put through a sieve or fine colander, make an excellent puree. Add an equal quantity of milk, thicken with arrowroot, and add a lump of butter at the last.

Simple Brown Soup.

Boil the bones from the joint of beef for stock, and make plenty of nice brown gravy with the meat. Take 1½ pints of stock, and $\frac{1}{2}$ pint brown gravy, and boil up. Add a little vermicelli, cook 5 or 10 minutes, and add $\frac{1}{2}$ teaspoon sugar to give it a shiny appearance.

MEATS

To Bake.—Flour the baking dish well to ensure nice brown gravy. Spread the meat with fat, and put in a hot oven 450 deg. for the first quarter of an hour, lowering the heat a little after. Allow for beef 15 minutes for every lb., and 15 minutes

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over. For mutton, lamb and pork, 20 minutes for every lb., and 20 minutes over.

To Boil.—Plunge into boiling water, boil for 5 minutes to harden outside and retain juices, then cook very slowly, allowing 25 minutes for every lb., and 25 minutes over.

If sausages are pricked, and put into the fat before it gets too hot, they are not likely to burst their skins.

How to Vary a Leg of Mutton.

Cut off the top portion of the leg, fairly high up, sawing through the bone. Now remove the bones, and stuff with sage and onion seasoning, or as a change a seasoning made of

1 cup breadcrumbs	Salt and pepper to taste.
2 tablespoons shredded suet	Bind with an egg or a little
2 tablespoons chopped parsley	milk.
2 tablespoons chopped raisins	

Bake for about an hour and a half.

Cut two leg chops from the lower portion of the leg, and have for breakfast, or make a tiny stew, by dipping them in flour and frying till brown, add a chopped onion, and fry. Drain away fat, and add 1 pint stock, and a carrot sliced in rings. Add a teaspoon salt, and a little pepper. Stew gently for 1½ hours, or longer. Thicken with 1 tablespoon flour mixed to a smooth paste with a little water, and cook a few minutes longer.

Boil the remaining portion of the leg with carrots, onions and turnips. | Serve with parsley sauce. By adding some barley and extra vegetables, soup can be made at the same time. Lift out the vegetables required with the meat, and afterwards cut the remaining ones into dice and return to the soup. Keep soup till next day, and skim all fat from the top. Add a little chopped parsley before serving.

Nice Brawn.

Boil a knuckle of veal and a pig's trotter in one saucepan, using just enough water to cover. Cook about 1½ hours. Cook 2 lb. pickled pork, and cut all meat up small. Flavour with a little thyme and pepper, put into a basin, and add some of the liquor from the veal. Any remaining veal stock could be used for making soup. Let the water the pork was boiled in get cold, take the fat off, and throw the water away. If a large quantity is required, allow 1 cow's heel to every 4 lb. other meat. Boil it till thoroughly soft in just enough water to cover.

Glaze for cold pressed meats, brawn, etc., gives a very pleasing appearance.

1½ tablespoons granulated gelatine
2 teaspoons meat extract
1 pint water.

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Soak gelatine in the water, add meat extract, and simmer ten minutes. When cool, pour into a jar and keep covered in a cool place. When required for use, stand jar in hot water till the glaze is dissolved, but not hot. Keep a brush for the purpose, and brush the glaze over the meat carefully.

Pressed Pig's Cheek and Tongues.

Get a nice full pig's cheek and wash it thoroughly. Put on in warm water, bring slowly to the boil, and simmer for about 2 hours, when the meat should leave the bones easily. Cook the tongues in the same manner, but they will require from 3 to 4 hours. They will skin easily when they are done. Take all the meat from the bones of the cheek, split the skinned tongues down the middle, and arrange alternately in a basin. Put a weight on top, and turn out when thoroughly cold and firm. If the cheek is well washed before cooking, there will be no need to skin it, but if preferred, the skin could be taken off before cutting up the meat.

Birds' Nests.

Hard boil $\frac{1}{2}$ doz. eggs. Shell them carefully, and cover with a good coating of mincemeat. 1 lb. will be sufficient for this quantity. Keep the oval shape. Roll in dried bread-crumbs and fry a nice brown, slowly, to cook the meat. When cold, cut across with a sharp knife, and arrange each little "nest" in a bed of lettuce. Some chopped up beetroot or tomato sprinkled on the lettuce would add to the appearance.

Rabbit en Casserole.

Grease the casserole with a little butter, and sprinkle with breadcrumbs and chopped parsley. Line it with two or three strips of bacon. Wash the rabbit well, and cut into neat joints. Lay these in the casserole, sprinkling breadcrumbs, chopped parsley, a little thyme, and a little chopped bacon among them. Cover with milk—about 1 pint—and make the top a good layer of breadcrumbs. Put in oven and cook slowly for about 2 hours. During the last quarter of an hour remove the lid, and allow it to brown. This could be made with water instead of milk, and if no casserole is available, use a pie dish with another one turned upside down on top of it.

Mayonnaise.

1 teaspoon flour.	1 egg.
$1\frac{1}{2}$ teaspoons mustard.	$\frac{1}{2}$ cup milk.
$\frac{1}{2}$ teaspoon salt.	$\frac{1}{2}$ cup vinegar.
1 teaspoon butter.	

Mix dry ingredients with milk and egg, and stir over the fire till thick and smooth, but not curdled. When cold, add vinegar, gradually stirring well. Will keep a very long time.

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BREAKFAST DISHES

How to Prepare Fruits Before Cooking.

As all raisins are cleaned, graded and packed or cartoned by skilled operatives and the most modern machinery, they require little or no preparation in the kitchen before being used.

When your grocer has fulfilled your order, store fruit in covered jars or tins, and prepare as required.

Raisin Bread.

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|--------------------------|-----------------------|
| 4 lb. flour. | 2 lb. seeded raisins. |
| 1 oz. salt. | 1 pint milk (warm). |
| 2 oz. sugar. | 1 pint water (warm). |
| 1½ oz. compressed yeast. | 2 oz. lard or butter. |

Sift and warm flour, make hole in middle, crumble yeast, sprinkle ½ teaspoon sugar, add 2 tablespoons warm water, and make batter by drawing in a little of the flour. Cover and stand in warm place 15 minutes. Sprinkle raisins and sugar over flour, add lard or butter, and warm water and mix into soft dough, turn on to pasteboard, knead well, put back into basin, cover and stand till it doubles in size. Mould into loaves, and set to rise again in a warm place. Bake in hot oven (450 deg.) about 1 hour, according to size of loaf. When cooked. glaze with sugar and water syrup.

Raisin Omelet (Sweet).

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| 2 eggs. | ½ cup water. |
| 1 dessertspoon sugar. | ¼ cup raisins. |
| 1 oz. butter. | |

Put raisins and water into saucepan and cook for 10 minutes. Separate yolks from whites of eggs and beat each separately. Get a hot plate ready—melt butter in pan. Mix yolks, whites and sugar lightly together and pour all into pan. Stir until mixture begins to set. When lightly browned underneath, brown top by placing pan under gas griller or in oven for a minute. Slip on to a hot dish, spread raisins on half the omelet, and fold the other half over. Sprinkle with castor sugar and serve at once.

Omelet (Savoury).

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| 2 eggs. | 2 tablespoons ground ham. |
| 1 oz. butter. | 1 dessertspoon mustard pickles. |
| 2 tablespoons sultanas or raisins (seeded). | Salt and pepper to taste. |

Break eggs, remove speck, beat lightly and add all ingredients except butter. Melt butter in omelet or small frying pan, pour mixture in, and stir until it begins to set or thicken. Shake pan occasionally, and when sufficiently firm fold omelet over into an oval shape. As soon as outside is set, and a golden colour, turn on to hot dish and garnish with chopped gherkin.

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Rice with Raisins.

$\frac{1}{4}$ lb. rice.

1 oz. sugar.

$\frac{1}{2}$ pint water.

$\frac{1}{2}$ cup seeded raisins.

1 pint milk or water.

Wash rice, put in saucepan with the water, cook till water is absorbed; add milk and sugar, simmer 15 minutes, then add raisins and cook another 10 minutes; serve in porridge plates.

Breakfast Note.

All-bran, weeties, grape nuts, crispies and the like are improved if served with "plumped" seeded raisins or sultanas and milk or cream.

HOT PUDDINGS FOR COLD DAYS

Try these puddings on cold days. You will find them most delectable and very satisfying. The children will love them.

Boiled Currant, Sultana, or Raisin Pudding.

$\frac{1}{2}$ lb. plain flour.

$\frac{1}{4}$ lb. sultanas.

6 oz. suet.

Sufficient milk to mix, about

Pinch of salt.

$\frac{1}{2}$ cup.

3 oz. sugar.

Sift flour and salt, add suet shredded finely, sugar and sultanas. Stir the milk into dry ingredients, making a rather stiff mixture. Wring a cloth tightly out of cold water, put mixture in and tie firmly. Plunge into boiling water, and boil for $1\frac{1}{2}$ to 2 hours. Serve with Golden Sauce.

Sweet Mince Roly.

$\frac{1}{2}$ lb. flour.

2 tablespoons sultanas or
seeded raisins.

$\frac{1}{2}$ teaspoon baking powder.

2 tablespoons currants.

$\frac{1}{4}$ lb. suet.

Small piece butter.

1 gill water.

2 tablespoons sugar.

1 large apple (peeled and
sliced).

Squeeze lemon juice.

A little spice.

Sift flour and baking powder, rub in shredded suet, mix into one lump with the water. Turn on to floured pasteboard. Roll out half-inch thick, mix all other ingredients together and spread on. Roll up carefully, pinch end to keep mixture in. Roll in floured cloth and boil $1\frac{1}{2}$ to 2 hours. Serve hot with sweet white sauce.

Plum Pudding (Without Eggs).

6 oz. flour.

$\frac{1}{2}$ teaspoon carbonate soda.

6 oz. breadcrumbs.

2 oz. brown sugar.

6 oz. raisins.

1 teaspoon spice.

6 oz. currants.

$\frac{1}{2}$ cup treacle.

2 oz. candied peel.

1 cup milk.

6 oz. suet.

Shred suet, rub it into sifted flour, add crumbs and pinch salt, then add cleaned fruits, cut up peel, spice and sugar. Blend

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treacle and milk, stir all in and mix well. Add carbonate soda last, dissolved in boiling water. Boil in greased pudding basin, with cloth tied on top, for four hours. Serve with white sauce.

Sago Plum Pudding.

- | | |
|---|---|
| 1 cup breadcrumbs. | 1 cup seeded raisins or mixed fruit. |
| $\frac{1}{2}$ cup sugar. | |
| $\frac{1}{2}$ cup of sago (soaked overnight in enough milk to cover). | 1 level teaspoon carbonate soda dissolved in boiling water. |
| 2 tablespoons butter (melted). | |

Mix all ingredients except soda well together; if not moist enough, add a little more milk. Add soda last, put in a greased mould, and steam for three hours.

Baked Stuffed Apples.

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|-----------------------------------|----------------------|
| 6 cooking apples. | 1 teaspoon cinnamon. |
| 1 cup seeded raisins or sultanas. | Small lump butter. |
| $\frac{1}{2}$ cup brown sugar. | Water. |

Core apples and peel from the top to about half way down. Mix raisins, sugar, cinnamon and butter together, and stuff the centre of each apple with the mixture. Put in greased baking dish, and if there is any stuffing over, fill the spaces between the apples with it. Pour in enough water to cover bottom of baking dish, and bake slowly till apples are tender and syrup like caramel.

Raisin and Orange Roll.

Crust—

- 1 lb. flour.
- $\frac{1}{2}$ lb. suet.
- 2 teaspoons baking powder.
- Water to make a medium dough.

Filling—

- 2 cups seeded raisins.
- Rind and juice of 1 or 2 oranges.
- Golden syrup.

Sift flour, baking powder and salt. Rub in shredded suet, and add water. Roll out about quarter inch thick; spread with good layer of syrup, cover with raisins and sprinkle with rind and juice of orange. Put in floured pudding cloth, and boil $2\frac{1}{2}$ hours.

Christmas Pudding.

- | | |
|--------------------|-----------------------------------|
| 6 oz. flour. | 6 oz. brown sugar. |
| 6 oz. breadcrumbs. | $\frac{1}{4}$ lb. mixed peel. |
| 8 oz. suet (beef). | $\frac{1}{2}$ packet spice. |
| 8 oz. sultanas. | 1 teaspoon salt. |
| 8 oz. currants. | $\frac{1}{2}$ teaspoon cinnamon. |
| 8 oz. raisins. | Grated rind and juice of 1 lemon. |
| 2 oz. almonds. | 1 grated carrot. |
| 6 eggs. | |

Shred suet and rub it into the flour, add breadcrumbs and fruits properly prepared and cleaned. Add spice, sugar, grated

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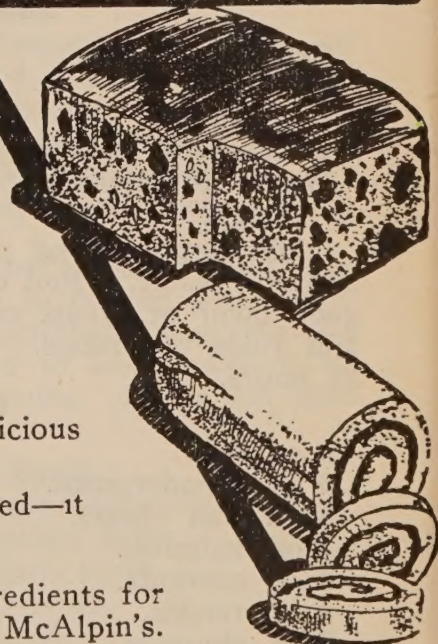
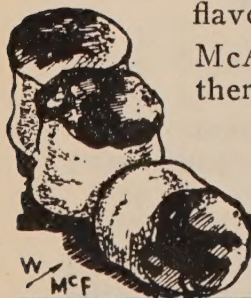
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lemon rind and grated carrot. Beat eggs and pour into dry ingredients, add lemon juice, and mix well. Cook in floured cloth or greased basin for 4 hours. Lift out, hang in a cool place until required (will keep for 6 weeks). Then boil another 2 hours and serve hot with sauce.

Vere Pudding (Steamed).

6 oz. flour.	3 tablespoons milk.
$\frac{1}{2}$ teaspoon carbonate soda.	1 tablespoon jam.
4 oz. butter or fat.	2 oz. raisins.
3 oz. sugar.	1 oz. sultanas.
1 egg.	1 teaspoon salt.

Cream butter and sugar, add egg, beat well, add milk, sifted flour, soda and pinch salt, jam and cleaned fruits, blend well; put into greased basin, cover with greased paper, and steam $1\frac{1}{2}$ hours. Serve hot with sauce.

Cabinet Pudding.

$1\frac{1}{2}$ cups fresh breadcrumbs.	2 cups milk.
Some slices of bread.	2 eggs.
1 cup sultanas or raisins.	2 tablespoons sugar.
1 teaspoon vanilla essence.	$\frac{1}{4}$ teaspoon salt.

Take a plain pudding mould or basin, butter it well, clean and dry the raisins and form a star at the bottom of the mould by laying the raisins one over the other, carrying the star up the sides of the mould. Cut some strips of bread, and fill in the spaces between the raisins. Beat eggs, add sugar, boil milk, and pour over the eggs, beating all the time. Add to this custard, the breadcrumbs, salt, vanilla and remainder of raisins. Pour gently into prepared mould. Cover with buttered paper, and steam for $1\frac{1}{2}$ hours. Turn out and serve with hot milk or a sweet sauce.

Steamed Prune Roll.

10 oz. flour.	1 teaspoon baking powder.
5 oz. suet or good dripping.	$\frac{1}{2}$ lb. prunes (soaked).
1 gill water.	Sugar.
Pinch of salt.	Lemon rind and juice.

Method: Make pastry of flour, baking powder, salt, fat and water. Roll out thinly. Drain and dry the soaked prunes. Cut in halves and stone them. Line a well-greased pudding basin with some of the pastry; place a layer of cut prunes in the bottom, sprinkle with sugar and a little lemon rind and juice. Place a layer of pastry on top, and continue filling the basin with alternate layers, keeping pastry for the last layer. Cover with greased paper, and steam for $1\frac{1}{2}$ to 2 hours. Turn out, and serve with a good white sauce; or with any juice that was left over, boiled down till it is thick and syrupy.

"SUNSHINE" BISCUITS: 100 varieties to choose from.

Walnut and Prune Souffle.

- | | |
|----------------------------------|---|
| 3 egg whites. | $\frac{1}{2}$ teaspoon vanilla essence. |
| 1-3rd cup sugar. | 2-3rd cup coarsely chopped walnuts. |
| 1 cup prune pulp. | |
| $\frac{1}{2}$ teaspoon cinnamon. | |

Method: Add a few grains of salt to the whites of eggs and beat until stiff. Then add the sugar slowly and continue beating until the mixture is glossy. Fold in the prune pulp, cinnamon, vanilla essence and walnuts. Pour into a buttered pie dish or casserole sufficiently large that the mixture only half fills it. Bake in a slow oven (325 deg. Fah.) for 55 minutes. Serve immediately.

Steamed Prune Pudding.

- | | |
|---------------------------|--------------------------|
| $\frac{1}{4}$ lb. prunes. | Grated nutmeg. |
| 2 oz. butter. | 2 eggs. |
| 4 oz. sugar. | $\frac{1}{2}$ gill milk. |
| 6 oz. S.R. flour. | |

Method: Soak prunes overnight, drain and dry. Cut in halves and remove the stones. Cream butter and sugar, add beaten eggs, then milk. Add prunes and grated nutmeg, and stir in the sifted flour. Place in greased basin, leaving room for expansion; cover with a greased paper, and steam for 1 $\frac{1}{2}$ hours. Serve with custard or a sauce made from the juice the prunes were soaked in, thickened and sweetened.

Prunes and Sago.

- | | |
|---------------------------|--------------------------|
| 1 pint water. | 2 eggs. |
| $\frac{1}{2}$ lb. prunes. | 1 oz. sugar. |
| 2 oz. sugar. | $\frac{1}{2}$ pint milk. |
| 3 tablespoons sago. | |

Method: Soak prunes in cold water, and next day remove the stones. Boil in the same water for half an hour. Stir in three tablespoons sago and 2 ozs. sugar, and cook another half-hour, or till the sago is clear. Turn the mixture into a pie-dish. Beat two eggs and 1 oz. sugar together, and add the $\frac{1}{2}$ pint milk; pour gently over the prune mixture, grate a little nutmeg over, and put a few dots of butter, and bake gently (300 deg. F.) till the custard is set—about 30 minutes.

Prune Brown Betty.

- | | |
|--|---|
| 2 cups soft breadcrumbs. | 2 cups prunes (stoned and cut up). |
| 2 oz. butter. | $\frac{1}{2}$ teaspoon cinnamon. |
| $\frac{1}{2}$ cup brown sugar. | $\frac{1}{2}$ teaspoon nutmeg. |
| $\frac{1}{2}$ lemon (juice and grated rind). | $\frac{3}{4}$ cup prune juice (according to dryness of crumbs). |

Method: Stew prunes for 5 minutes in $\frac{3}{4}$ cup of water and drain, reserving the syrup. Melt butter and stir in crumbs. Put layer of crumbs in buttered pie dish, then layer of prunes.

"SUNSHINE" BISCUITS: 100 varieties to choose from.

Sprinkle with some sugar and spices. Repeat layers till the dish is full, making the top layer of crumbs. Pour prune juice over the mixture and bake in a moderate oven (350 deg. F.) for 30 minutes. Cover during the first 15 minutes, then allow to brown. May be served with sauce or cream.

Raisin and Apple Batter.

- | | |
|---|-------------------------|
| 1 lb. cooking apples, peeled and quartered. | 1 small cup sugar. |
| 1 cup seeded raisins or mixed fruits. | 2 oz. butter. |
| 1 large cup S.R. flour. | 1 egg. |
| | $\frac{1}{2}$ cup milk. |

Rub butter, flour, and sugar together, beat egg with milk, and mix well. Now add the apples and raisins, taking care that all the pieces of apple are covered with the batter. Put in a greased basin, and steam for two hours. Serve with white sauce, custard, or custard powder sauce.

A handy way of cooking steamed puddings is to use a billy. The lid can fit nicely over a greased paper, and the handle is very convenient for lifting it out of the saucepan.

Apple Ferguson.

- | | |
|---------------------------------------|---|
| 2 oz. butter. | 1 cup sugar. |
| 3 cups breadcrumbs. | Juice and rind of 1 lemon. |
| 3 large apples (unpeeled and grated). | $\frac{1}{2}$ nutmeg grated. |
| 1 cup sultanas. | 3 eggs, beaten with a large teaspoon of carbonate soda. |

Rub butter into breadcrumbs, add sugar, apples, sultanas, nutmeg and lemon; lastly, add eggs well beaten with the soda. Mix well, put in a buttered basin and steam for three hours. Serve with cream whipped, or the following sauce:—

Hard Sauce.—Beat $\frac{1}{4}$ lb. butter to a cream, gradually add 1 cup of icing sugar, and, when white and light, add the unbeaten white of 1 egg; beat for five minutes. Grate over with a little nutmeg, and put in a cool place for about three hours to harden.

DIRECTIONS FOR USING OTHER DRIED FRUITS

For Apricots, Nectarines, and Pears.

Soak in cold water for 12 hours.

Place in a pan with enough fresh water to cover nicely, and simmer slowly for 20 minutes. Add sugar for the last five minutes only, so that the syrup does not become too thick.

With all fruits, care should be taken to avoid over-cooking, which causes the flesh to leave the fibre. The object is to restore the appearance and flavour of the ripe fruit.

For Dried Peaches.

Place $\frac{1}{2}$ lb. fruit in a roomy dish. Sprinkle with a saltspoonful of carb. soda, and cover with boiling water. Soak for one

“SUNSHINE” BISCUITS: 100 varieties to choose from.

hour only. Pour water off, cover with cold water, and soak for 24 hours. Remove skins, which will come off easily. Make syrup by boiling half-pint of water with two tablespoons sugar for a few minutes. Pour this over the fruit, and allow it to get cold.

**ONCE PREPARED, DRIED TREE FRUITS MAY BE
USED IN ANY MANNER IN WHICH FRESH
STEWED FRUIT IS USED.**

Dried Apricot Jam.

Wash 1 lb. dried apricots thoroughly, soak in 4 pints of cold water for 24 hours. Put on to boil, and boil 30 minutes, then add 4 lb. sugar (warmed in the oven) and 1 oz. blanched almonds, or 1 teaspoon almond essence. Boil for another 30 minutes, or until a little put on a cold saucer seems sufficiently "set."

Apricot jam is easily burnt, so stir well, and use a mat if necessary. A good idea is to grease the preserving pan well with butter on the bottom and up the sides a little.

Dried Peach Jam.

Put 1 lb. peaches to soak in boiling water and a good pinch of soda for an hour. Pour that water off, and soak in 4 pints of water for 24 hours. Remove the skins, and cut the peaches into four pieces. Put them on in the water in which they were soaked, and boil for 20 minutes, adding the juice of 2 lemons. Add 4½ lb. sugar, and bring to boil again. Boil quickly for about 30 minutes, or till it will set when tested.

Dried Prune Jam.

3 lbs. prunes.

8 lbs. sugar.

3 quarts water.

Juice 4 lemons.

Method: Wash prunes and soak overnight in water. Next day boil till soft, add sugar and juice of lemons. Bring to boil again, and boil for one hour, or until a little placed on a cold saucer will set in a few minutes. Remove from the fire, bottle while hot, and cover when cold.

Prune and Banana Jam.

1 lb. prunes.

3 lbs. sugar.

3 pints water.

12 bananas.

Method: Soak prunes in the water for 24 hours. Boil till tender, then add 3 lbs. white sugar, and 12 bananas, sliced into rings. Bring to the boil, and boil fast for half an hour longer, or till a little tested on a cold saucer will set.

Prune Confection.

½ lb. prunes.

1 white of egg.

½ lb. icing sugar.

Grated nuts.

Method: Soak prunes overnight. Stone and cook carefully until tender. Lift from syrup on to a dish to drain. Whisk

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white of egg until stiff; beat in icing sugar gradually until the mixture is like snow. Coat each prune. Cook in a cool oven until a pale biscuit colour (300 deg. F.). Place in a glass dish and dust with grated nuts.

Dessert Prunes.

Prunes may be prepared in a number of ways which lend variety to the menu, and ensure that this nourishing dessert is served frequently in the home. They may be served at any meal. For breakfast, stewed prunes are a delightful addition to cornflakes, or any of the wheat biscuits, or they may be chopped and added to cooked cereal. For luncheon or dinner more ambitious dishes are called for, and you will find helpful suggestions amongst the following recipes. As an addition to children's lunch boxes they are invaluable from the point of view of palatability and food value, and, in addition, they take the place of cakes and lollies, which should be given to children very sparingly.

There are three varieties of prunes on the market—namely: (1) Canned prunes (in syrup), which are ready to serve without preparation. These are delicious with cream or custard. (2) Soft pack prunes in cans. These do not require to be washed or soaked, but should merely be covered with cold water, sweetened to taste, and simmered gently until tender—about 5-10 minutes. (3) Hard pack prunes in boxes. These require washing and soaking in water to cover from 10-24 hours. They should then be simmered gently in the same water for about 20 minutes, or until tender. Add sugar to taste, and cook a further 5 minutes. These directions should be followed in preparing all the prune recipes, except Jams and Chutneys. It is always advisable to soak the prunes for these.

Bottled Prunes.

Sometimes it is handy to have a few jars of prunes ready for immediate use. Soak about 6 lbs. of good quality prunes in enough water to well cover them—about six pints. Next day cook in the usual way, adding from $1\frac{1}{4}$ to $1\frac{1}{2}$ lbs. of sugar. Take the prunes out, and fill the jars, pressing down the fruit firmly, but not squashing it. Now pour the syrup over them till the jars are overflowing. Put rubber rings on or adjust lids, according to type of jar used, and place the jars in warm water. Bring gradually to the boil, and boil for five minutes. Remove, and, if screw-top jars are being used, screw down as firmly as possible, making sure each jar is airtight. Fruit prepared in this manner will keep indefinitely, provided the jars are airtight. If a jar is opened, and only part of the fruit required for immediate use, the remainder will keep quite well for a few days.

"SUNSHINE" BISCUITS: 100 varieties to choose from.

COLD PUDDINGS FOR HOT DAYS

Peach Trifle.

- | | |
|----------------------------------|----------------------------|
| $\frac{1}{2}$ lb. dried peaches. | Vanilla flavouring. |
| 1 doz. small sponge cakes. | Jam. |
| 1 oz. almonds. | Angelica or crystallised |
| 2 eggs. | cherries (coloured jujubes |
| 1 pint of milk. | would do). |
| 2 tablespoons castor sugar. | |

Prepare dried peaches as directed on page 15, blanch and chop almonds. Split sponge cakes in halves, spread with jam, and sprinkle with nuts. Join together and place in dish to form a ring. Soak with the peach syrup, and heap the peaches in the centre of the ring. Boil milk, and thicken slightly with 1 tablespoon cornflour, blended with a little cold milk and pinch of salt. Cook a few minutes, then pour on the beaten yolks of eggs, stirring well; add a little sugar and flavouring to taste, and when cool pour round the outside of sponge cake ring. Before serving, whisk the egg whites to a stiff froth, and fold in the castor sugar. Cover the top of the sponge ring with this, and decorate with rings of angelica or chopped crystallised cherries.

Tapioca and Sultana Pudding.

- | | |
|-----------------------------------|-------------------------------|
| $2\frac{1}{2}$ oz. tapioca. | $\frac{1}{2}$ pint water. |
| $1\frac{1}{2}$ pints of milk. | Little nutmeg, or other flav- |
| $1\frac{1}{2}$ tablespoons sugar. | ouring. |
| 6 oz. sultanas. | |

Wash tapioca and sultanas, and soak in $\frac{1}{2}$ pint of water for a few hours, till water is absorbed. Put in a buttered pie dish, and add sugar. Stir in the milk. Grate some nutmeg over, and dot with pieces of butter. Bake 1 hour after it comes to the boil, but bring to the boil very slowly. May be served hot if preferred.

Pear Mould.

- | | |
|--------------------------------|-----------------------------|
| $\frac{1}{2}$ lb. dried pears. | $\frac{3}{4}$ oz. gelatine. |
| $1\frac{1}{2}$ gills milk. | Sugar to taste. |
| 2 eggs. | Rind of half lemon. |

Prepare dried pears as directed on page 15. Reserve the whites of eggs. Beat up yolks. Heat milk and mix with beaten yolks, add grated lemon rind. Cook carefully till it thickens but does not curdle, and allow to cool. Rub pears through a sieve and mix with the custard. Dissolve gelatine in a saucepan with 1 gill of the pear syrup, then strain it into the pulp and custard, and, if not sweet enough, add a little sugar. When the mixture is beginning to thicken, whisk the egg whites to a stiff froth, and fold in lightly. Turn into a wet mould. When thoroughly set, unmould, and serve with the remainder of the pear syrup and a little cream. If liked, may be tinted with a little cochineal.

"SUNSHINE" BISCUITS: 100 varieties to choose from.

Sago and Currant Mould.

2½ oz. sago.
1¼ pints milk.
1 oz. butter.

2 oz. sugar.
3 oz. currants.
Lemon, or other flavouring.

Boil milk and sprinkle in sago. Simmer for five minutes, cooking over a mat, and stirring now and again. Add currants, and cook gently till mixture is quite thick, about fifteen minutes. The grains of sago should be quite transparent. Add butter, sugar, and flavouring, and pour into a wetted mould. When cold, turn gently on to a glass dish. Serve with a little cold milk or cream.

Apricot Ramequins.

½ lb. dried apricots.
1 pint packet lemon jelly.
1 egg.

1½ gills milk.
1 oz. sugar.

Prepare dried apricots as directed on page 15. Dissolve one-eighth of the jelly in half a gill of hot water. Rinse six or eight small moulds in cold water, and pour a dessertspoonful of jelly into each. Let it set while preparing some apricot puree and custard. Put aside six or eight pieces of apricot and rub the rest through a sieve. Put half a pint of the puree in a saucepan and make it hot, then dissolve the rest of the jelly in it. Leave it to cool. Make a custard with the egg, milk and sugar. When custard and puree are cold, mix them together gradually. Fill the moulds and leave to set. Turn out carefully on to individual glass dishes, and put an apricot on top of each. Any of the apricot syrup left over could be poured round the base of each ramequin.

N.B.—Jellies turn out much easier if they are allowed to get cold before being put into moulds.

Jelly Plum Pudding.

3 dessertspoons granulated
gelatine.
½ teaspoon vanilla.
¼ lb. lemon peel and nuts.
1½ squares of chocolate, or 3
dessertspoons cocoa, or 1
tablespoon coffee essence.

1 cup raisins.
½ cup sultanas.
½ cup currants.
½ cup sugar.
1½ pints of milk.
Pinch salt.

Place milk, with chocolate, cocoa, or coffee essence, in saucepan and bring to boiling point. Put lemon peel, nuts and fruit through the mincer, add to the boiling milk, and cook for five minutes. Let it cool. Dissolve gelatine in a little hot water, add to the mixture, stirring all well together. Pour into a wetted mould. When set, turn out and decorate with holly. Serve with cream or cold custard.

“SUNSHINE” BISCUITS: 100 varieties to choose from.

Sunflower Sweet.

- | | |
|--|-----------------------------|
| 7 sponge cakes. | Few chocolate nonpareils. |
| 2 bananas. | 6d. cream. |
| $\frac{1}{2}$ lb. dried peaches. | Sugar. |
| $1\frac{1}{2}$ pint packets lemon jelly. | Vanilla flavouring. (Almond |
| $1\frac{1}{4}$ pints hot water. | makes a nice change.) |
| Apricot jam. | |

Prepare dried peaches as directed on page 15. Peel and mash bananas. Split sponge cakes in halves, and spread with jam and banana, then sandwich together again. Arrange in a glass dish in the form of a star, leaving a small space in the centre. Dissolve the jelly in the hot water, and make up 1 pint and a half with peach syrup. Soak the sponge cakes with just a small quantity of the jelly, and when they are set pour in the remainder cold. When lightly set, cut the peaches to resemble the petals of a sunflower, and arrange on the jelly. Before serving, fill the centre with whipped cream, flavoured and sweetened to taste, and sprinkle it with the chocolate nonpareils.

Almond and Raisin Sponge.

- | | |
|-------------------------------------|----------------------------|
| 6 sponge cakes. | 3 eggs. |
| $\frac{1}{2}$ lb. raisins (seeded). | $1\frac{1}{2}$ pints milk. |
| 2 oz. almonds. | 1 tablespoon sugar. |
| 1 tablespoon lemon or orange juice. | Almond essence. |

Blanch almonds, and save a few almonds and raisins for decorating. Put the remainder through the mincer. Split sponge cakes in half, and spread with minced raisins and almonds (moistened with the lemon juice). Put them together again. Arrange in a pie dish or Pyrex dish. Beat up eggs and sugar. Bring milk nearly to the boil, and pour over the eggs and sugar; add the flavouring. Pour this custard over the sponge cakes, and decorate with the almonds and raisins saved for the purpose. Bake in a moderately warm oven for about 30 minutes till set. Be careful not to boil it. This can generally be avoided by standing the pie dish in a baking dish of cold water.

Thick slices of stale bread could be used instead of sponge cakes, but, naturally, the pudding would not be so rich.

Apple Jellies.

- | | |
|--------------------------|---------------------------------------|
| 2 lb. apples. | $1\frac{1}{2}$ pint packets pineapple |
| 1 gill water. | jelly. |
| 5 oz. sugar. | Cochineal. |
| Juice and rind of lemon. | 8 strips angelica. |
| | Small quantity of cream. |

Peel, core and quarter the apples. Stew with water and sugar till they are in a pulp. Add lemon juice and grated lemon

“SUNSHINE” BISCUITS: 100 varieties to choose from.

rind. Put in a saucepan with the jelly, and stir over a low gas till dissolved, and add a few drops of cochineal. Rinse fluted cake tins or small jelly moulds in cold water, and fill up with the jelly. When cold, turn out carefully, and fix in handles made of strips of angelica. Decorate with cream, whipped and sweetened, and forced through the icing pump fitted with a rose tube. Little silver balls could be put on each "rose." To make the angelica more supple, put in moderately hot water for a minute or two.

Prune Jelly.

$\frac{1}{2}$ lb. prunes.
1 pint water.
4 ozs. sugar.

1 lemon (juice).
1 level tablespoon powdered gelatine.

Method: Simmer the prunes until tender. Lift out and remove stones. Put prunes, prune liquor, lemon juice and sugar on to boil, and cook for 5 minutes. Stir in the gelatine, moistened with a little water; cook 1 minute. Pour into a wetted mould, and allow to set. Stir the jelly just when it shows signs of setting, to evenly distribute the prunes. If liked, a little carmine colouring may be added.

Prune Creams.

Prunes.
2 teaspoons gelatine.
1 cup sugar.

$\frac{1}{2}$ teaspoon cream of tartar.
 $\frac{1}{4}$ pint water.
Flavouring essence (almond).

Method: Wash, dry and stone prepared prunes; cut almost in half, and fill with mixture made as follows:—Place gelatine, sugar, cream of tartar and water in saucepan. Stir until the sugar is dissolved. Bring to boil, and boil for five minutes (without stirring). Take off the fire; when cool, add flavouring and beat until thick and creamy.

Prune Cream.

$\frac{3}{4}$ pint water.
4 ozs. sugar.
 $\frac{1}{2}$ lb. prunes (soaked and stoned).

$\frac{1}{2}$ oz. gelatine.
 $\frac{1}{2}$ pint milk.
 $\frac{1}{4}$ pint whipped cream.

Method: Boil water and sugar for five minutes, add prunes, and simmer till tender. Lift prunes from syrup. Soak $\frac{1}{2}$ oz. gelatine in $\frac{1}{2}$ pint milk, and dissolve over slow fire, but do not let it get too hot. Add prune syrup to make $\frac{3}{4}$ pint. Stand till cold and fold in $\frac{1}{4}$ pint whipped cream. If no cream is available add $\frac{1}{4}$ pint more milk and the stiffly-beaten whites of two eggs. Line a basin with prunes, and pour in the mixture. Put in cool place till set; turn out and serve with any prunes and syrup left over. To use up yolks of eggs, make a custard.

"SUNSHINE" BISCUITS: 100 varieties to choose from.

CHUTNEYS

Apple Chutney.

- | | |
|-------------------------|--------------------------------|
| 4 lb. sour apples. | 8 chilies. |
| 2 lb. white onions. | 1½ lb. sugar. |
| 2 quarts vinegar. | 2 tablespoons mustard. |
| 2 lb. seedless raisins. | 2 teaspoons salt. |
| 1 lb. celery. | 1 teaspoon tumeric (optional). |

Soak onions in brine (1 tablespoon salt to 1 quart of water) overnight. Drain them and put through the mincer. Peel and core apples and mince them. Pour 1 pint of vinegar over apples and raisins, and let stand overnight. Add onions and other ingredients, and cook the mixture until the vegetables are clear and tender. Seal in sterilised bottles or jars.

Tomato and Apple Chutney.

- | | |
|--------------------------------|--------------------------------|
| 3 lb. tomatoes. | 2 lb. brown sugar. |
| 3 lb. apples. | 1 dessertspoon cayenne pepper. |
| 1 lb. onions, or ¼ lb. garlic. | 3 tablespoons salt. |
| 2 lb. raisins. | 3 pints of vinegar. |
| ½ lb. green ginger. | |
| 10 chilies. | |

Peel tomatoes, apples and onions. Scrape ginger. Crop all up small and add other ingredients. Boil till it is the right consistency and there are no watery particles. About 1½ to 2 hours.

Chutney Without Cooking.

- | | |
|-----------------------------|-----------------------|
| 1 bottle Chow-Chow or Pica- | 10 chilies. |
| lilli pickles. | 1 lb. seeded raisins. |
| 1 lb. dark plum jam. | |

Put all through the mincer and mix well. Place in small jars and seal securely.

Dried Prune Chutney.

- | | |
|-----------------------|-----------------------------|
| 2 lbs. prunes. | ½ lb. brown sugar. |
| 1 lb. green apples. | 2 ozs. salt. |
| ½ lb. green tomatoes. | 1 teaspoon mustard seed. |
| 2 or 3 large onions. | 1 teaspoon cayenne. |
| ¼ lb. raisins. | 3 pints vinegar. |
| ½ oz. ground ginger. | 1 teaspoon powdered cloves. |

Method: Soak prunes overnight. Wash and drain; cut open and remove the stones. Cut apple and onion small; slice to-

"SUNSHINE" BISCUITS: 100 varieties to choose from.

mato. Place all ingredients in the preserving pan and cook for two or three hours, stirring occasionally. Try a little on a saucer, and if there are no watery particles, it is ready. Bottle while hot, and keep for a few weeks before using.

PASTRY FOR PIES AND TARTS

Rough Puff Pastry.

$\frac{1}{2}$ lb. flour.	3 oz. lard.
$\frac{1}{2}$ teaspoon baking powder.	$\frac{1}{2}$ cup water.
1 pinch salt.	1 (yolk) egg.
3 oz. butter.	

Sift flour, baking powder and salt; break in butter and lard in small pieces, and mixed yolk of egg, water, and a little lemon juice; make into soft paste, turn on floured board, knead slightly, roll into a thin, square sheet, then fold it from top to bottom, then from side to side, making four layers. Roll into a long, thin strip and fold into three even folds, roll into a square sheet, and then it is ready for use. Have hot oven for first 10 minutes (450 deg.).

Short Crust.

$\frac{1}{2}$ lb. flour.	$\frac{1}{4}$ lb. butter, fat or lard.
$\frac{1}{2}$ teaspoon baking powder.	1 teaspoon sugar.
1 pinch salt.	$\frac{1}{2}$ small cup water.

Sift flour, baking powder and salt, rub in butter or fat, add water; mix into stiff paste. Turn on to floured pasteboard, and roll out as desired for use.

N.B.—If preferred, instead of baking powder, take out 2 tablespoons of the flour, and replace with 2 tablespoons S.R. flour.

Short Crust (Good).

6 oz. plain flour.	Pinch of salt.
2 oz. S.R. Flour.	1 egg yolk beaten in.
6 oz. butter or other shorten- ing (half butter, half clari- fied dripping).	2 tablespoons cold water, and squeeze of lemon (teaspoon of vinegar will do).

Sift flour and salt, rub in shortening, and mix with the liquid till it forms a ball and leaves the sides of the basin clean. Turn out on to a floured board, and use as required.

"SUNSHINE" BISCUITS: 100 varieties to choose from.

Raisin Pie.

2 cups seeded raisins.

1½ cups water.

2 tablespoons cornflour and
pinch of salt.

1 teaspoon cinnamon.

Grated rind and juice of 1
lemon.

Small ½ cup sugar.

Boil raisins, water and sugar for 5 minutes. Dissolve cornflour in a little water, and add to other ingredients. Leave till cool. Line a deep plate with pastry, put in the mixture, and cover, pressing the edges well together, and fluting them with the fingers. Brush over with milk, and sprinkle with sugar. Cook in hot oven (450 deg. to 475 deg.) for first five or ten minutes, till the pastry is risen and set. Lower heat slightly, and cook for 20 minutes longer.

Sunraysia Tart.

Make a good short crust, and line a deep tin plate with it. Stew three or four apples with 1 tablespoon sugar till pulpy, and add 1 cup chopped and seeded raisins, 1 teaspoon cinnamon, and 1 dessertspoon currants. Fill the dish with this mixture, and cover with the remainder of the paste. Brush over with milk, sprinkle with sugar, and shake a little more milk over till the sugar is moist. Bake for 30 minutes, 10 minutes at 450 deg., and then lower to 400 deg. Serve with cream or custard.

Hot Water Pie Crust.

8 oz. flour.

5 oz. lard.

½ teaspoon salt.

½ teaspoon baking powder.

½ cup boiling water.

Sift flour, baking powder and salt together. Cream lard, adding water gradually. Beat till light and creamy. Add dry ingredients, mixing lightly with a knife. When pastry cleans sides of bowl, turn on to lightly floured board, and roll out for pies. The advantage of this pastry is that it can be rolled very thin. It is very suitable for small mince pies.

Mince Tart.

2 diced apples.

2 tablespoons sugar.

½ lemon peel.

2 tablespoons currants.

2 tablespoons sultanas.

Rind and juice of lemon.

1 teaspoon mixed spice.

Mix all ingredients together. Cover a tart plate with paste, fill with mixture, put in two or three small pieces of butter on top, cover with paste, glaze, and bake 30 to 40 minutes, 450 degrees at first, lower after pastry is well risen.

Baked Mince Roll.

Use paste and mixture as above. Roll paste out. Spread with mixture, roll as a Swiss roll, folding ends in firmly. Glaze and bake 30 minutes.

To Glaze.—Brush over with milk, white of egg, or a mixture of 2 teaspoons of sugar dissolved in water. A nice way

“SUNSHINE” BISCUITS: 100 varieties to choose from.

is to brush over with milk, sprinkle with sugar, and then shake more milk over.

Raisin Roll.

2 cups flour.	4 tablespoons butter.
2 level teaspoons baking powder.	4 tablespoons sugar.
Salt.	Milk to bind.

Sift flour, baking powder and salt. Rub in half the butter and pour in enough milk to mix. Roll out about half inch thick, keeping as square as possible. Cover well with seeded raisins, and a squeeze of lemon juice. Cream sugar and the rest of the butter; dot half of this mixture over the raisins, and roll up like a jam roll. Put in baking dish, and spread the top with the rest of the butter and sugar mixture. Pour half cup of boiling water into baking dish, and bake in a moderate oven 30 to 45 minutes. Serve with lemon sauce.

Chocolate Raisin Pie.

1 tablespoon cornflour.	Vanilla.
$\frac{1}{2}$ tablespoon cocoa.	1 cup seeded raisins.
2 tablespoons sugar.	2 cups milk.
2 eggs.	

Mix cornflour, sugar and cocoa together. Warm milk, pour a little on cornflour to blend, and bring the remainder to boiling point. Stir in the cornflour mixture and cook 2 to 3 minutes. Cool, add beaten egg yolk, raisins and vanilla. Line a tart plate with short paste, pour in filling, and bake 20 minutes in moderate oven. Beat egg whites till stiff, fold in a tablespoon sugar. Pile on top of tart and brown.

Prune Shortcake.

$\frac{1}{2}$ lb. prunes.	1 teaspoon baking powder.
$\frac{1}{4}$ lb. sugar.	1 cup flour.
1 egg.	$\frac{1}{2}$ teaspoon ground ginger.
2 tablespoons butter.	$\frac{1}{2}$ teaspoon ground cinnamon.

Method: Soak prunes overnight in one cup of water, add three tablespoons sugar, simmer for half an hour, remove the stones. Mix butter and sugar to a cream, add egg, then dry ingredients. Divide the mixture in two, and put half in a well-greased sandwich tin, smooth over with knife, then put a layer of prunes. Place the other half of the mixture on top, decorate with several prunes cut in halves, and bake in a moderate oven (375 deg. F.) for 30 minutes.

Prune Tart.

$\frac{1}{2}$ lb. short crust.	$\frac{1}{2}$ lb. prunes, soaked and stoned.
Maizena.	

Method: Line a deep pie plate with the shortcrust, pricking the bottom to prevent it rising too much. Cook in a hot oven (450 deg. F.) for 15-20 minutes, until nicely browned, and then fill with the prune mixture. Strain the juice from the prunes,

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which have been soaked and cooked in the usual manner. To each cupful of juice allow one tablespoon of maizena. Bring the liquor to the boil, and thicken with the moistened maizena, stirring well to keep it from being lumpy. Cook for a few minutes, then add a small knob of butter and a little nutmeg or essence of lemon; add the prunes, and fill the tart. Serve with cream or custard.

Savoury Boats.

Make a short crust and line little savoury boat tins, bake and fill with savoury mixture.

Savoury—

- | | |
|---|------------------------------|
| $\frac{1}{2}$ cup seeded lexias or sul- | 2 dessertspoons of any must- |
| tanans. | ard pickles. |
| 2 oz. ground ham. | Salt and pepper to taste. |
| Coat with mayonnaise if desired. | |

GENERAL DIRECTIONS FOR COOKING CAKES

Biscuits and sponge cakes require a moderate oven, about 375 deg. to 400 deg. Scones, pastry, small queen or rock cakes require a hot oven, 450 deg., to rise and set quickly. Cakes with just a little fruit, but cooked in fair-sized tins, require 375 deg. to 400 deg.

Good fruit cakes require long, slow cooking, about 375 deg. It is a mistake to put a cake in to too hot an oven, as this causes it to set on top before it is sufficiently risen. The cake should rise as much as it is going to before it begins to brown.

A gas oven, of course, can be easily regulated. But a good way to reduce the heat of a fuel oven is to keep one shelf out, and by placing the cold shelf at the top and the cake on the bottom shelf, it reduces the heat a little. A cake cooked "between shelves" is usually very satisfactory. Another way is to fill a baking dish with cold water and put it on the top shelf in the oven. Where there is no thermometer, a good guide is to put a piece of white paper in the oven. Moderate heat will turn it pale brown in two minutes (gas), and four minutes (one-fire). Hot will turn it a deeper shade, and very hot will turn it dark brown. As the distance of the shelves from the tops of ovens varies, it would be well to make some tests, and keep a note for future guidance.

Touch a sponge sandwich lightly with the fingers, and if it seems to resist it is done. Cakes shrink away from the tin when cooked. Test fruit cakes or large plain cakes with a skewer before moving from the oven, holding the door as little open as possible. If the skewer comes out clean, it is done. If not, shut the door gently and cook a little longer.

A good idea when mixing fruit cakes is to mix the fruit through the flour first, and then add fruit and flour together to the creamed butter, sugar and eggs.

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LUNCH AND TEA CAKES

This group of cake recipes is specially chosen because they are economical and easily made. They are light and attractive for every-day use, and make a tasty addition to the luncheon bag.

Cinnamon Coffee Cake.

- | | |
|-----------------------------|------------------------------------|
| $\frac{1}{4}$ lb. dripping. | 4 level teaspoons cream of tartar. |
| $\frac{1}{4}$ lb. butter. | 2 level teaspoons soda. |
| $1\frac{1}{2}$ cups sugar. | 1 egg. |
| 1 lb. seeded raisins. | $1\frac{1}{2}$ cups strong coffee. |
| 1 tablespoon cinnamon. | |
| 3 cups flour. | |

Use black coffee and dissolve the soda in it. Cream the butter and dripping with the sugar, add the egg and coffee, then the flour sifted with cream of tartar, cinnamon and salt. Lastly, add the raisins and mix well. Bake in a moderate oven $1\frac{1}{2}$ to 2 hours in a shallow tin lined with paper (375 deg.).

Soda Cake.

- | | |
|--|--------------------------|
| $\frac{1}{4}$ lb. brown sugar. | 1 lb. flour. |
| $\frac{1}{4}$ lb. butter. | Salt. |
| $\frac{1}{2}$ lb. currants. | 2 level teaspoons soda. |
| 2 tablespoons treacle or golden syrup. | 2 eggs. |
| | $\frac{1}{2}$ pint milk. |

Sift the flour and soda. Rub in the butter, add the sugar and currants. Beat egg, add milk and treacle, and mix gradually into the flour. Bake in a moderate oven $1\frac{1}{2}$ to 2 hours in a shallow tin lined with paper (375 deg.).

Currant Cake.

- | | |
|-----------------------------|------------------------------------|
| $\frac{1}{2}$ lb. butter. | Salt. |
| $\frac{1}{2}$ lb. sugar. | 2 level teaspoons cream of tartar. |
| $\frac{1}{2}$ lb. currants. | 1 level teaspoon soda. |
| 1 oz. candied peel. | 3 eggs. |
| 1 teacup milk. | |
| 1 lb. flour. | |

Sift flour, rising and salt. Beat eggs. Cream butter and sugar, add eggs and milk gradually, add flour and fruit. Bake in a moderate oven $1\frac{1}{2}$ to 2 hours in a shallow tin lined with paper (375 deg.).

Nutties.

- | | |
|----------------------------|--|
| $1\frac{1}{2}$ cups flour. | $\frac{3}{4}$ cup lexias (chopped). |
| $\frac{1}{2}$ cup butter. | $\frac{3}{4}$ cup walnuts (chopped). |
| $\frac{1}{2}$ cup sugar. | $\frac{1}{2}$ teaspoon carbonate soda. |
| 1 egg. | 1 tablespoon boiling water. |
| A little cinnamon. | |

Cream butter and sugar, add egg, beat well, add flour and cinnamon sifted, then the soda dissolved in the boiling water,

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then the lexiass and nuts. Place in small heaps on greased oven tray. Bake 10 to 15 minutes (425 deg.).

Prune Cake.

4 ozs. prunes, cooked in a little water, stone and chop when cold; 3 ozs. butter, $\frac{3}{4}$ small cup of sugar (beaten to cream); add 3 eggs, 1 tablespoon milk, 1 cup flour, 1 teaspoon baking powder, 1 tablespoon cocoa, $\frac{1}{4}$ teaspoon each ground cloves, cinnamon and nutmeg. Add prunes, stir well and bake in a moderate oven (350 deg. F.) for about three-quarters of an hour. Ice with white icing if liked.

Sultana Tea Cake.

$\frac{1}{2}$ lb. flour.	2 level teaspoons cream of tartar.
Salt.	
2 oz. butter.	1 level teaspoon soda.
4 oz. sugar.	1 egg.
Small cup milk.	4 oz. sultanas.

Sift flour and rising. Cream butter and sugar, add beaten egg and milk, then flour and sultanas. Bake in greased tin in moderate oven 30 minutes. While hot, split and spread with butter. Serve hot (375 deg.).

Currant Loaf.

$\frac{1}{2}$ lb. flour.	2 level teaspoons cream of tartar.
2 teaspoons mixed spice.	1 level teaspoon soda.
2 tablespoons sugar.	Small lump butter.
2-4 oz. currants.	1 cup milk.

Sift flour and rising, add spice and sugar. Rub in butter, add currants. Mix as for scones. Put in greased, floured tin, and put lid on. Bake 30 to 45 minutes. When cooked it should have brown crust all over (400 deg.).

Sultana Loaf.

3 cups wheaten meal (Graham flour).	1 tablespoon dripping, lard or butter.
Salt.	$1\frac{1}{2}$ cups milk.
1 tablespoon honey, golden syrup or treacle.	3 teaspoons cream of tartar.
	$1\frac{1}{2}$ teaspoons soda.
	1 cup sultanas.

Sift flour, cream of tartar and soda together. Rub in butter, add sultanas. Mix milk and honey together, and stir into flour to make a soft dough. Bake one hour in closed tin or small billy can (400 deg.).

Cinnamon Rolls.

2 cups flour.	4 tablespoons butter.
4 teaspoons baking powder.	$\frac{3}{4}$ cup milk.
Salt.	1 teaspoon cinnamon.
4 tablespoons sugar.	1 cup currants.

Sift flour, baking powder and half the sugar, rub in one half of the butter, and add milk slowly to make a soft dough. Turn on to board and roll out lightly into an oblong sheet about

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quarter of an inch thick. Spread with remainder of butter, sprinkle with currants, cinnamon and sugar. Roll carefully as for roly pudding, cut into pieces three-quarters of an inch thick, and place on buttered tin, cut side up, close together. Bake about 15 to 20 minutes, 450 deg. at first, then lower.

Raisin Scones.

3 cups self-raising flour.	Small lump butter.
Salt.	1 $\frac{3}{4}$ cups milk.
1 cup seeded raisins.	

Sift flour and salt. Rub in butter, add raisins, then milk to make a soft dough. Turn on to floured board and cut into scones. Bake in very hot oven 10 to 15 minutes. For sweet scones, add four level tablespoons sugar (450 deg.).

Eggless Cake.

2 cups fruit (currants, raisins and sultanas).	$\frac{1}{4}$ lb. butter.
$\frac{1}{2}$ cup sugar.	1 teaspoon mixed spice.
1 cup cold water.	$\frac{3}{4}$ lb. plain flour.
1 tablespoon desiccated coconut.	2 teaspoons cream of tartar.
	1 teaspoon carb. soda.

Sieve spice, soda and cream of tartar with the flour and a pinch of salt. Boil other ingredients for 5 minutes, and when cool stir in the flour, etc. Put in a greased cake tin and bake 1 $\frac{1}{2}$ hours in moderate oven (375 deg.).

Five O'Clock Fruit Cake.

6 oz. flour.	2 oz. sultanas.
1 $\frac{1}{4}$ oz. cocoa.	1 teaspoon baking powder.
4 oz. butter.	2 eggs.
4 oz. castor sugar.	$\frac{1}{2}$ cup of milk.
2 oz. currants.	Almond essence.

Sieve flour, cocoa and baking powder together. Cream butter and sugar, add eggs separately, then milk with essence in it. Add the flour and fruit, mixing lightly but well. Put in prepared cake tin, and bake in moderate oven for an hour (375 deg.).

Buns Made with Compressed Yeast.

$\frac{1}{2}$ oz. yeast.	1 oz. butter or clarified dripping.
1 teaspoon sugar.	2 oz. sugar.
3 lb. flour sifted with	6 oz. currants or sultanas.
1 teaspoon salt.	A little mixed peel, cut finely.

Mix the yeast and sugar, add a little flour and enough lukewarm water to make a thick batter. When this sponge has risen enough, and is covered with bubbles (about 20 minutes), mix it with the flour, adding more warm water or milk to make a soft dough. Cover this, and let rise in a warm place for about two hours. Knead well, form into buns. Put on oven

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shelf, and let rise again (about 20 minutes). Brush over with sugar and water, and bake half an hour in good oven (425 deg.). Heat may be reduced a little after ten minutes.

Gem Scones.

- | | |
|-----------------------------|---------------------------|
| 1½ cups self-raising flour. | 2 tablespoons sultanas or |
| 1 tablespoon butter. | seeded lexias. |
| 2 tablespoons sugar. | ¾ cup milk. |
| 1 egg. | |

Cream butter and sugar, add egg, then milk, then sifted flour and lexias. Make gem irons very hot, grease well, and nearly fill with mixture. Bake in hot oven 10 minutes, split, spread with butter and serve hot (450 deg.).

FOR CHRISTMAS AND BIRTHDAY

Christmas Cake.

- | | |
|---------------------------|---------------------|
| 1 lb. flour. | 1 lb. butter. |
| ¼ lb. ground rice. | 1 lb. brown sugar. |
| 1 teaspoon baking powder. | 1 lb. sultanas. |
| 1 teaspoon cinnamon. | 1 lb. currants. |
| 1 packet spice (mixed). | 1 lb. raisins. |
| 2 tablespoons caramel. | ½ lb. candied peel. |
| 8 eggs. | ¼ lb. almonds. |

Sift flour, baking powder, ground rice, cinnamon, spice. Cream butter and sugar; when thoroughly creamed add eggs, one at a time, and beat them in well; add fruit and flour alternately until all is used, and colour with caramel. Put into cake tin lined with paper, and bake 4 or 5 hours in a moderate oven (375 deg.).

Birthday Cake.

- | | |
|--------------------|-----------------------------------|
| ½ lb. butter. | 2 level teaspoons baking |
| ½ lb. brown sugar. | powder. |
| ¾ lb. plain flour. | 4-6 oz. currants, seeded raisins, |
| 1 teaspoon salt. | sultanas. |
| 3 eggs. | 2 oz. candied peel. |
| | ¼ pint milk. |

Beat butter and sugar to a cream, add beaten eggs, then milk (stirring in gradually), add flour sifted with rising and salt. Add fruit and mix all well together. Put in tin lined bottom and sides with brown paper. Bake 2 to 2½ hours in a moderate oven (375 deg.).

Good Fruit Cake.

- | | |
|---------------------------|--------------------------|
| 1 lb. butter. | ½ lb. chopped and seeded |
| 1 lb. sugar. | raisins. |
| 9 eggs. | ½ lb. sultanas. |
| ¾ lb. plain flour. | ¼ lb. mixed peel. |
| ¾ lb. self-raising flour. | ¼ lb. chopped almonds. |
| 1 lb. currants. | |

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Cream butter and sugar thoroughly. Beat whites of eggs to a stiff froth and then drop in the yolks one by one. Add gradually to the creamed butter and sugar. Have fruit, peel, and blanched almonds mixed with the flour, and add gradually to the butter and eggs. Mix well, and bake in a moderate oven (375 deg.) for about 4 hours. May be cooked quicker for a shorter period, but does not make such a good cake.

Plain Fruit Cake.

6 oz. butter.	6 oz. self-raising flour.
6 oz. sugar.	6 oz. sultanas.
3 eggs and a little milk.	6 oz. currants.
6 oz. plain flour.	

Cream butter and sugar, add eggs one at a time, and beat in well; add milk with a few drops of essence of vanilla or almond. Mix fruit through the sifted flour, and then add gradually to the butter mixture. Put in a greased tin, lined with paper, and bake in a moderate oven (375 deg.) for 1½ hours. Half a nutmeg grated or a teaspoon of cinnamon may be used as a change from the essence.

Columbia Cake.

6 oz. butter.	2 teaspoons mixed spice.
6 oz. sugar.	Piece of candied peel, chopped fine.
12 oz. flour.	½ teaspoon cinnamon.
3 eggs.	Jam.
1 gill milk.	2 oz. almonds (blanched, chopped, and browned in oven).
2 teaspoons cream of tartar.	
1 teaspoon carb. soda.	
½ cup raisins.	
1 dessertspoon treacle.	

Sift flour, cream of tartar and soda. Beat eggs. Cream butter and sugar. Add eggs gradually, then milk, and lastly flour. Divide into three parts. Cook two parts in sandwich tins as plain cake. Add remainder of ingredients to rest of mixture. Cook in a tin the same diameter as the sandwich tins. Bake about 20 minutes in a fairly hot oven (400 deg.), but not hot enough to make them come up quickly in the middle. Join with jam, putting the fruit cake in the middle. Cover with soft icing. Sprinkle with the browned almonds.

Almond Icing.

To every tablespoon of ground almonds allow three tablespoons rolled icing sugar and 2 drops of essence of almonds. Blend with some beaten egg and a little orange juice if liked. Mix it very dry. Dust paste board with a little icing sugar, and knead the paste till smooth. Cut a pattern the exact size of the cake. Divide the icing in two. Roll out and cut out the top first. Add the trimmings to the rest of the icing and roll out for the sides. Brush the cake over with white of egg, press the almond icing round the sides, and put the top on last. This ensures a perfectly straight edge. Leave till dry and hard before adding the Royal icing.

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HEALTHFUL "SUNSHINE."

FLOUR, BUTTER, EGGS, MILK, DRIED
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larat, 2000 feet above sea level.

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All Classes. Dry, sweet, and fancy.

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BALLARAT.

Royal Icing (For Rich Fruit Cakes).

1 lb. icing sugar.

1 teaspoon lemon juice.

Whites of 2 or 3 eggs.

Roll or sieve the icing sugar free from lumps. Stir whites of eggs a little, and add about one-third of the icing sugar. Beat well in, then add the rest of the sugar gradually, beating until it is a stiff, shiny paste. Spread the icing over the cake evenly. A stainless knife, dipped in a jug of boiling water, is a great assistance. Keep out a little of the icing for decorating. This may be tinted and put in an icing syringe. With a few different "nozzles" and a little practice quite good results may be obtained.

Soft Icing (For Sponges, Small Cakes, etc.).

5 or 6 oz. rolled icing sugar.
Small lump of butter.

1 good tablespoon boiling
water.

Pour boiling water over the butter, and stir on to the icing sugar in a saucepan. Mix over a low heat till smooth and shiny, but not nearly boiling. Pin a collar of white cooking paper round the cake, with about an inch sticking up, and then you can pour the icing on carefully, and it will spread evenly without any assistance. Decorations such as chopped or whole walnuts, almonds and raisins, chopped ginger, crystallised cherries, etc., may be put on at once before the icing sets. If, however, you desire to decorate the cake with writing or any fancy pattern, make a small quantity of Royal icing for the purpose. Take about $\frac{1}{2}$ cup of icing sugar and a teaspoon of the white of egg, and go very carefully, adding more sugar or white of egg as required till it is the right consistency.

Filling—

$\frac{1}{2}$ oz. butter (about size of walnut).

1 tablespoon milk.

Enough icing sugar to make it creamy.

Boil butter and milk, and add sieved icing sugar, beating till smooth and creamy. Flavour with vanilla. Coffee essence makes a lovely flavoured filling, and may be used with a coffee flavoured icing.

BISCUITS, ETC.

Your supply of home-made biscuits will be varied and improved by introducing these recipes. In an air-tight tin they will keep fresh for weeks, and be an ever-ready source of supply for emergency afternoon teas and suppers.

"SUNSHINE" BISCUITS: 100 varieties to choose from.

Iced Currant Fingers.

- | | |
|---------------------------|---------------------------------------|
| $\frac{1}{4}$ lb. butter. | $\frac{1}{2}$ teaspoon baking powder. |
| 2 oz. sugar. | 1 egg. |
| $\frac{1}{2}$ lb. flour. | 1 tablespoon milk. |
| Salt. | 2-4 oz. currants. |

Sift flour and rising. Rub in butter, add sugar and currants. Mix the egg yolk and milk together, and stir into flour to make all in one lump. Roll out thin. Beat the egg white well, and stir in 4 oz. sifted icing sugar gradually. Spread thinly over the surface of the biscuit, cut in finger lengths, and bake in a moderate oven about 20 minutes (400 deg.).

Sultana or Currant Cookies.

- | | |
|------------------------------------|-----------------------------|
| $\frac{1}{2}$ lb. sugar. | 1 level teaspoon soda. |
| $\frac{1}{4}$ lb. butter. | 2 eggs. |
| 1 lb. flour. | 4 tablespoons milk. |
| Salt. | $\frac{1}{2}$ lb. currants. |
| 2 level teaspoons cream of tartar. | |

Rub butter and sugar into the flour, sifted, with rising. Add currants and mix in well-beaten eggs and milk. Roll into balls, and bake in a moderate oven 20 minutes (400 deg.).

Stuffed Monkeys.

Paste—

- | | |
|------------------------------------|------------------------|
| 2 cups flour. | 1 level teaspoon soda. |
| Salt. | 3 oz. butter. |
| 2 level teaspoons cream of tartar. | 2 tablespoons sugar. |
| | 1 egg. |

Sift flour with rising. Rub in butter, add sugar, and mix into a stiff paste with well-beaten egg. Roll out about quarter of an inch and cut into three-inch squares.

Mixture—

- | | |
|-------------------------------|-----------------------------|
| Chop up 1 cup seeded raisins. | $\frac{1}{4}$ cup sultanas. |
| 1 tablespoon mixed peel. | 1 teaspoon ground cinnamon. |
| 1 tablespoon sugar. | |

Mix all together, and put 1 dessertspoonful in each square of paste. Fold over and pinch the edges together. Brush with milk and dust a little sugar on each, and bake in a moderate oven till a golden brown (400 deg.).

Raisin Biscuit (Slices).

- | | |
|-------------------------------|---------------------------|
| 2 cups of self-raising flour. | 1 cup sugar. |
| Salt. | 2 eggs. |
| 1 cup cornflour or maizena. | About 4 tablespoons milk. |
| 1 cup butter. | |

Sift flour, salt and cornflour. Rub in butter. Mix beaten eggs and milk together, and add slowly to flour, using just sufficient to make a stiff biscuit dough. Roll out and cut into rounds or slices. Bake in a moderate oven 15 minutes (400

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deg.). When cold spread with filling. Put two together and ice the top.

Filling.—Mix together $\frac{1}{2}$ lb. seeded raisins, 2 oz. chopped walnuts or almonds, and make into paste with lemon or orange juice.

Good Shortbread.

4 oz. castor sugar.
10 oz. butter.

1 lb. plain flour.

Cream butter and sugar, and gradually work in the sifted flour. Work until it is all one lump and there is nothing on the sides of the basin. Cut into five equal portions, roll each lump into a ball, and flatten out till it is about half inch thick, and a nice round. Pinch the edges, and cut across four times—half, quarters, and eighths. Prick each piece. Put on greased paper on a cold oven shelf, and bake half-hour in moderate oven (375 deg.). Do not remove from oven shelf till cold. Wrap in greaseproof paper and store in an airtight tin. A small piece of orange or lemon peel may be used to decorate each section if liked.

N.B.—It is as well to place it on the oven shelf before making the cuts.

Raisin Shorts.

6 oz. self-raising flour.
2 oz. plain flour.
2 oz. sugar.

4 oz. butter.
1 egg, beaten with 1 table-
spoon water.

Rub butter into the flour and sugar. Mix to a light dough with the liquid. Knead a little, and cut in half. Roll out thin, cover thickly with seeded raisins or sultanas. Now roll out the other half, as near the same shape as possible, and place on top, making a sandwich. Roll slightly in order to press fruit and paste together well, and cut with a sharp knife or cutter into fingers. Brush over with milk, sprinkle with sugar, and then with milk again. Bake in a good oven (400 deg.) for about 10 minutes till nicely browned, then lower the heat and cook 5 minutes longer. A mustard tin makes an excellent cutter; put a few holes in the bottom to allow the air to escape.

Bake-well Tarts.

Make $\frac{1}{2}$ lb. good short pastry (see pies), and put into patty tins. Make a filling mixture of—

4 tablespoons currants.
4 tablespoons sugar.

Small piece candied peel.
2 tablespoons apricot jam.

Put a little of this in each patty tin. Beat together 2 oz. butter, 2 oz. sugar, 1 egg. Stir in 2 oz. coconut and pile on tarts. Bake in moderate oven 20 minutes (400 deg.).

“SUNSHINE” BISCUITS: 100 varieties to choose from.

FOR AFTERNOON TEA

Measure equal quantities of seeded lexias, currants and sultanas. Mix well and put through a mincer. Add a squeeze of lemon juice, and spread on thin slices of buttered bread.

Mince some seeded raisins and use as a filling for plain wafers.

Chop equal quantities of seeded raisins and nuts, moisten with lemon juice, and use as sandwich filling.

Mince together some seeded raisins, sultanas, chopped walnuts and almonds. Cream some butter, add a tablespoon castor sugar, fruits and nuts, and flavour with lemon juice. Use as filling for plain home-made biscuits, or spread on thin toast biscuits.

FOR DESSERT

Measure equal quantities of seeded raisins, currants and sultanas, and add a few blanched almonds. Mix and put through a mincer, roll out and spread with pink icing sugar. Roll in form of Swiss roll, and sprinkle icing sugar over.

Mix equal quantities of sultanas, currants and seeded lexias. Put through mincer, roll into little balls, and coat with desiccated coconut.

SAVOURIES

To 1 cup of seeded lexias or sultanas add 4 to 6 oz. cold ham (minced), 2 to 3 tablespoons cucumber pickles, and salt and pepper to taste. Stir in sufficient cream or mayonnaise to bind, and spread easily.

Serve on triangles of toast as a savoury.

Serve on lettuce leaf for luncheon.

Serve between thin slices of brown bread as a sandwich.

Prune Salad.

2 doz. large choice prunes.	$\frac{1}{2}$ teaspoon chopped onion.
4 tablespoons cream cheese.	Lettuce dressing.
1 tablespoon chopped celery.	

Method: Carefully wash the prunes, cover with salted water, bring to boil and simmer gently for one hour, or till plump and tender. Cool them, and when quite cold remove the stones, and fill the cavity of each prune with some of the mixture made by creaming together the cheese, chopped celery and onion.

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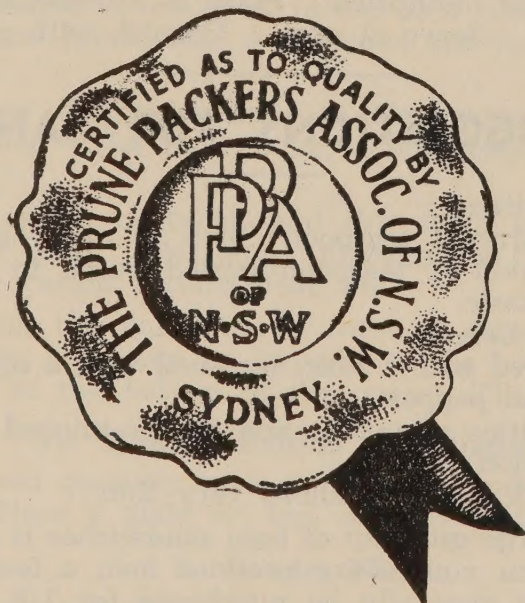
**Buy,
Eat—and
Enjoy**

AUSTRALIAN

GROWN AND PACKED

PRUNES

BUY FRESH FROM THE CAN—AND



LOOK FOR THE QUALITY SEAL

THEY ARE

Pleasing to the palate,
Reasonable in price,
Unsurpassed in food value,
Nutritious and health giving,
Easy to cook and serve,
Suitable for any meal.

Select six crisp lettuce leaves and place four stuffed prunes on each, decorating with a little finely shredded lettuce.

Serve with a mayonnaise or French dressing.

Prune and Orange Salad.

Drain cooked prunes thoroughly, remove stones, and stuff with blanched almonds. Roll in granulated sugar. Arrange three prunes on each lettuce-covered salad plate, alternating with orange segments.

Stuffed Prunes.

Wash, dry and stone prepared fruit. Cut almost in half, and fill with half a marshmallow or blanched almond, or chopped nuts and raisins, and roll in sugar.

Prune Cocktail Savoury.

Stewed prunes.

Bacon rashers.

Stuffed olives.

Method: Soak the prunes overnight, stew till tender. Drain, remove stones. Place a stuffed olive in each. Cut the rind from the bacon, roll each prune in a thin slice, fasten with a wooden skewer or toothpick. Place in a moderate oven till the bacon is cooked. Serve at once. Garnish with parsley.

OTHER SUGGESTIONS FOR SANDWICHES

Egg and Lettuce.

Egg and Curry—1 teaspoon curry to each egg.

Egg and Onion—1 teaspoon grated onion to each egg, salt and pepper to taste.

Cheese and Celery.

Brains, mashed with a fork, seasoned with a squeeze of lemon juice and salt and pepper.

Equal quantities of raisins and ginger minced together, with a squeeze of lemon juice.

Ham or Pork Sausage, sliced very thin.

N.B.—If a large quantity of ham sandwiches is required, order a ham bone from your dairy produce man a few days beforehand. This can generally be purchased for 1/6, and the meat should be cut off and run through the mincer. It will yield from 1 lb. to 1½ lb., and the bone can be used for pea soup if desired.

Christmas Mince Meat.

½ lb. beef suet.

½ lb. sugar.

½ lb. currants.

1 tablespoon orange marmalade or rind and juice of 2 lemons.

1 lb. seeded raisins.

¼ lb. mixed peel.

½ lb. apples.

Powdered cloves or spice.

Shred suet, peel and chop up apples, cut up raisins and peel finely. Mix all ingredients well together, and put into a jar. Cover closely, and do not use for at least a month.

“SUNSHINE” BISCUITS: 100 varieties to choose from.

USEFUL HINTS

Chopped raisins and horseradish make a splendid relish to serve with meat.

Put a few raisins in the children's breakfast food. They will like it better, and get added nutrition.

Add raisins to any every-day pudding for the children's pleasure, for nutrition and for added flavour.

Hot fruited toast—delicious toasted raisin bread—is a dainty and nutritious food for breakfast, luncheon or tea.

Lexias (seeded) or sultanas added to curries, chutneys, and pickles enhance the flavour to a marked degree.

Baked apples stuffed with raisins and brown sugar, and served with cream, are unequalled for their flavour.

Seeded lexias, sultanas or currants mixed with fondant, cut into blocks and dipped in chocolate, make a healthy sweet.

Equal amounts of chopped raisins and nuts moistened with orange or lemon juice make a delicious and nutritious sandwich filling.

Add a few chopped raisins to Hamburg steak or to any meat croquettes. The food value is increased, and the flavour is improved.

Save all scraps of bread and dry them in the oven after the baking is done. Put them through the mincer, and they are ready for cutlets, brains, fish, etc.

When using the gas oven, if there is room, any saucepans with vegetables, etc., may be brought to the boil, and then continue cooking in the bottom of the oven. This is a saving.

To "Plump" Raisins or Sultanas.

Put required quantity in a small basin and cover with boiling water. Place a plate on top, and let stand till cool.

To Render Fat.

When using up cold meat, or preparing meat for stews, cut off all fat and put in cold water. Boil till it seems shrivelled, and then strain. This will be nice and white, and may even be used in cakes. Fat rendered in the oven is apt to become dark or burnt.

To Stew Raisins or Sultanas (Nice with Milk Puddings).

$\frac{1}{2}$ lb. seeded raisins or sultanas.	1 slice orange or lemon rind. Cold water to well cover.
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Put fruit and water in saucepan and bring to boiling point. Add slice of orange or lemon, and cook for 20 minutes. Sugar is not necessary. Stewed raisins, being very rich, should be served in small quantities.

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SOME SUGGESTIONS FOR AFTERNOON TEA

1. Egg and lettuce sandwiches, cut with white bread.
Ginger and raisin sandwiches. Use brown bread, and mince ginger and raisins finely.
Sponge sandwich, filled with whipped cream, and nicely iced and decorated.
Stuffed monkeys.
Raisin shorts.
2. Ham sandwiches cut with white bread.
Celery and cheese sandwiches made with brown bread.
Columbia cake.
Queen cakes. Make half quantity plain, and then ice them half pink, half white. Cook the other half with some currants added.
Cream puffs.
3. Brain sandwiches made with white bread.
Egg and curry, made with brown bread.
Fruit cake.
Ginger sponge.
Butterfly cream cakes. Make queen cake mixture without currants. When cold, cut a little piece out of the top of each cake with an old sharp teaspoon. Fill the cavity with whipped sweetened cream. Cut the little top piece in half, and arrange in the cream to form "wings." Dust with sieved icing sugar.

A cake that pleases the children, and also saves baking if time is a consideration, is made by using the two halves of a sponge sandwich separately. Set a rather stiff jelly in the cake tin, and when cake is required, spread thickly with whipped cream, and turn the jelly on to it. This requires some care, but it is worth the trouble. A red and yellow, or a red one and a green one, make the party table look very bright.

TABLE OF MEASURES.

3 breakfast cups of flour	= 1 lb.	1 tablespoon of rice	= 1 oz.
2 breakfast cups of sugar	= 1 lb.	1 tablespoon of oatmeal	= 1 oz.
1 breakfast cup of water		1 tablespoon currants	= 1 oz.
(2 gills)	= $\frac{1}{2}$ pint	1 tablespoon lexias	= 1 oz.
3 tablespoons of liquid	= $\frac{1}{2}$ gill	1 tablespoon sultanas	= 1 oz.
1 tablespoon of butter	= 2 oz.		

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